

Physical Abilities Test

The Physical Abilities Test (PAT) is designed to measure a candidate's fitness to ensure that he/she is able to participate in the physical training portions of the License & Theft Bureau Basic Inspector Academy and to perform the essential functions of a Law Enforcement Agent (Inspector). The Physical Abilities Test (PAT) is a single-standard test utilizing The Cooper Institute Fitness Assessment. Candidates must meet the minimum standards on the following four (4) physical abilities tests:

- 300m run - 78 seconds
- Push up (1 minute) – 16
- Sit up (1 minute) – 24
- 1.5 mile run - 16:00 minutes

A high level of fitness provides the License & Theft Bureau Inspector with the necessary physiological preparedness to perform frequent or essential physical functions of an Inspector such as:

- Running after suspects for an extended period
- Climbing stairs
- Subduing resistant persons
- Lifting, dragging or carrying persons or objects

Portions of the physical abilities test will be performed indoors and other portions will be performed outdoors. Restrooms and water, while available, are limited at some test sites, so please plan accordingly.

Candidates should wear proper clothing including running shoes, socks, T-shirts and shorts, and warm-ups or sweats as needed. It is the candidate's responsibility to be on time, properly equipped and prepared for the various phases of the testing process.

The P.A.T. consists of four (4) individual tests:
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Sub-test 1 – Three Hundred Meter Sprint

This is an exercise to determine explosive and sustained running ability over a short distance and is determined to be an average distance for a foot pursuit. Candidates must cover the 300m in 78 seconds *or less*.

Sub-test 2- Sit-Ups

This test is a measure of abdominal muscular endurance. The candidate starts in the supine position, with knees bent, heels flat on the floor, and fingers interlaced and placed behind the head. The candidate's feet will be held down at the ankle. The candidate raises the upper body, touching the elbows to the knees, and then returns down until the shoulder blades touch the floor. Only sit-ups that are performed correctly will be counted. Candidates must complete a *minimum* of 24 sit-ups.

Sub-test 3 - Push-Ups

This test is a measure of upper-body muscular endurance. The candidate will start with his/her hands placed approximately shoulder width apart on the floor and elbows fully extended. The back and remainder of the body should be kept straight at all times. An administrator will hold a four-inch measuring device, or a fist, directly between and in line with the candidate's hands on the floor, under the candidate performing the push-up. From this full extension, known as the "up" position, the candidate will lower the body toward the floor until the sternum touches the device being held by the administrator. The candidate then returns to the fully extended "up" position.

The candidate may rest in the "up" position only. If the applicant should place one or both knees down at any time, only the number of correct push-ups completed prior to this occurrence will be counted. Only push-ups that are performed correctly will be counted. Candidates must complete a *minimum* of 16 push-ups.

Sub-test 4 - 1.5 Mile Run

This is a vigorous fitness assessment that measures cardiorespiratory fitness. This is a timed run on a paved road and the candidate must cover the 1.5 mile distance in 16 minutes *or less*.